

CYCLE NOW CHOREOGRAPHY TEMPLATE DECEMBER 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>I Ain't Worried</i>	128		4 min. 48 sec.
TRACK 2 Climb <i>Up All Night</i>	130		4 min. 27 sec.
TRACK 3 Hills <i>Bummerland</i>	160		4 min. 26 sec.
TRACK 4 All Terrain <i>Come As You Are</i>	128		4 min. 18 sec.
TRACK 5 Intervals <i>You Really Got Me</i>	138		2 min. 35 sec.
TRACK 6 Breakaway <i>Dream On</i>	150		3 min. 28 sec.
TRACK 7 Recovery <i>Black Hole Sun</i>	105		5 min. 18 sec.
TRACK 8 Flats <i>Old Me</i>	128		4 min. 08 sec.
TRACK 9 Intervals <i>Under The Bridge</i>	130		3 min. 45 sec.
TRACK 10 Recovery <i>All The Small Things</i>	128		4 min. 38 sec.
TRACK 11 Intervals <i>Master Of Puppets</i>	105		4 min. 46 sec.
TRACK 12 Mountains <i>Separate Ways (Worlds Apart)</i>	132		4 min. 53 sec.
TRACK 13 Cool Down <i>Wild Thing</i>	101		2 min. 36 sec.
TRACK 14 Stretch <i>Drive</i>	91		2 min. 53 sec.